



Summer 2014

Volume 29 Issue 2

Region V Aging Services Newsletter

Summer 2014

North Dakota
**"A Caring Place To
Grow Old"**

**Southeast Human
Service Center**

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Hello again and Happy Summer! We waited a long time for warm and sunny weather and it is certainly welcome.

Thank-you to all who attended and/or provided input at the North Dakota State Plan on Aging hearing May 2nd in Fargo.

Your voice was important in developing the priorities and services the state will support with federal Older Americans Act (OAA) dollars. Following completion of the public meetings, the draft state plan will be finalized in June and then submitted to the federal Administration on Aging for approval.

Mark your calendars! The next scheduled meeting of the Region V Forum on Aging and Disability is Friday October 17th at the Carlson Library Community Room in Fargo. An agenda will be published in the up-coming Autumn 2014 newsletter.

Don't forget to make plans to attend the Northern Plains Conference on Aging and Disability. The theme for the 2014 conference is "Creating Our Future" and will be held October 1 & 2 at the Ramada Plaza Suites in Fargo. Continuing education units will be available. This years topics include:

- Maintaining Professional Boundaries
- Laugh for the Health of It!
- How to Use a Team When Working with Challenging Behaviors
- Nutrition
- Alcohol/Drug Use in the Elderly
- Elder Abuse
- Moving Communication Forward
- Effect of Exercise on Brain Function
- Environmental Design and Behavior
- Self-Protection and Predator Awareness

If you do not receive a conference brochure by August 15, 2014, please contact M State Custom Training Services at 218-299-6576 or 800-426-5603 Ext. 6576



Advance Care Planning

As you age, you can feel better knowing there are steps you can take to ensure that your wishes, both medical and financial, are carried out the way that you want them. Advance care planning entails discussing your wishes, completing legal documents, and appointing a health care decision maker. Having your decisions squared away and clear, so that there

are no misunderstandings or second-guessing, can be the greatest gift you can give to your loved ones, and yourself. In this section we will consider the following questions:

What are your values and beliefs? When developing an advance care plan, consider your concerns, values, spiritual beliefs, or your ideas about what makes life worth living.

What do you want for yourself? Most people think about the way they wish to face death or disability but may be uncomfortable discussing these topics. Sometimes sharing your own ideas, if you are helping someone, or reviewing the situations of other family members or friends who have been in similar situations, can help.

Who do you want as your decision maker? Decide who should make decisions for you if you cannot. Choose someone who will understand and be able to carry out your wishes even if they include stopping life-sustaining treatment. You should also name a back-up agent to make decisions, in case the first person is not able to do so.

Most people are unable to handle the complexity of planning their medical and financial futures on their own. Consulting an elder law attorney, who deals daily with the issues surrounding old age, can be the first step in the advance care planning process. Elder law attorneys can help you create a legal framework to ensure that your medical and financial wishes are fulfilled. Some general functions they perform are:

- ♦ Preparing Advance Medical Directives or “living wills” that clearly state what medical treatments you wish, or do not wish to receive if you can’t answer for yourself
- ♦ Preparing power of attorney documents, identifying the person you trust to make your decisions when you cannot
- ♦ Estate planning in the form of last wills and testaments and/or “living trusts” that direct where your assets will go after your death
- ♦ Exploring your qualifications for Medicaid, and if appropriate, applying on your behalf
- ♦ Advocating, on your behalf, on disputes from insurance companies either for health insurance, long-term care insurance, or life insurance
- ♦ Helping your loved ones seek legal guardianship or conservatorship, if prior planning proves insufficient and you have lost capacity
- ♦ Consideration of employment and retirement matters
- ♦ General advice and counsel on issues surrounding aging

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“Advance directive” is a general term used to describe these two types of documents:

- ♦ Living wills (sometimes called “advance health care directives”) are written instructions for care you want or do not want in the event that you are not able to make medical decisions for yourself. State laws vary, so it is important to check on your state’s requirements when completing these documents
- ♦ Appointment of a health care surrogate or Medical power of attorney (also called a Durable Power of Attorney for Health Care) is a document that names someone to make health care decisions for you when you cannot. The powers granted in a durable power of attorney are those described in the document, or included by state statute. Those powers only include health care decisions, if the document or statutes include the authority to make health care decisions. The law varies by state law- you should consult an experienced attorney for advice on your states’ requirements.

The following legal documents can help you protect the assets you’ve earned through your lifetime, and keep you in control of how they are used for your care:

- ♦ A Durable Power of Attorney gives the person you choose the power to manage your financial estate and make your health care decisions if health care authority is included in the document or included by state statute. A Durable Power of Attorney is effective when signed, unless the document says otherwise. A Power of Attorney must satisfy state requirements for “durability” to be used when you are no longer able act on your own. Each state has its own laws enumerating the specific powers a grantee can hold and can be found online, typically on a state government website, or through a legal professional
- ♦ In a Living Trust, your assets are put into a trust that is administered for your benefit during your lifetime, and then transferred to your beneficiaries when you die. This type of trust can avoid or minimize the need for probate. You can maintain control of the trust through your lifetime. The trust should name a successor trustee to control the assets if you become incapacitated and after your death. Trusts are strongly recommended for large or complex estates or in states that have an especially complex probate process.

Families with large estates should consult an expert for advice about income, estate and inheritance tax planning.



Save the Date!!

The Conference You Have Been Waiting for is Almost Here!

**Announcing the 2014 Northern Plains Conference
on Aging and Disability**

“Creating Our Future”

October 1 & 2, 2014 Ramada Plaza Suites, Fargo, ND

Registration at 7:30 a.m. on Wednesday October 1 with Conference Opening at 8:30 a.m.

Conference Closes at 4:30 p.m. on Thursday October 2

Continuing Education Units will be Available

Topic Sampling:

- **Maintaining Professional Boundaries**
 - **Laugh for the Health of It!**
- **How to Use a Team When Working with Challenging Behaviors**
 - **Nutrition**
 - **Alcohol/Drug Use in the Elderly**
 - **Elder Abuse**
 - **Moving Communication Forward**
 - **Effect of Exercise on Brain Function**
 - **Environmental Design and Behavior**
- **Self-Protection and Predator Awareness**

Exhibit/Vendor Information: Contact Bonnie Peters at 701-237-4700

or by e-mail BonniePeters@catholicealth.net

Interested in being a Sponsor? Contact Monica Douglas at 218-233-7521

or by e-mail Monica.Douglas@lssmn.org

**Note: If you do not receive a conference brochure by August 15, 2014, please contact M State
Custom Training Services
at 218-299-6576 or 800-426-5603 Ext. 6576**



Aging & Disability Resource LINK

Connecting North Dakota's older adults, adults with physical disabilities and family members with options, services and support.

Do you need:

- ♦ **Supportive services to remain at home?**
- ♦ **Help providing care for a family member?**
- ♦ **Help planning for your future needs?**

The North Dakota Aging & Disability Resource LINK assists:

- ♦ **Adults 60+**
- ♦ **Adults with a physical disability**
- ♦ **Family members**
- ♦ **Anyone seeking in-home services in the community**
- ♦ **People who do not qualify for publicly funded services, as well as those who do**

An Option's Counselor is available to help . . .

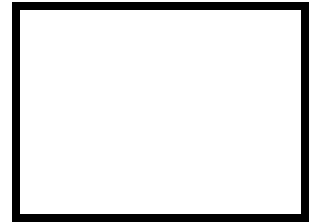
Call toll-free 1-855-GO2LINK (1-855-462-5465)

ND Relay TTY 1-800-366-6888

www.carechoice.nd.gov

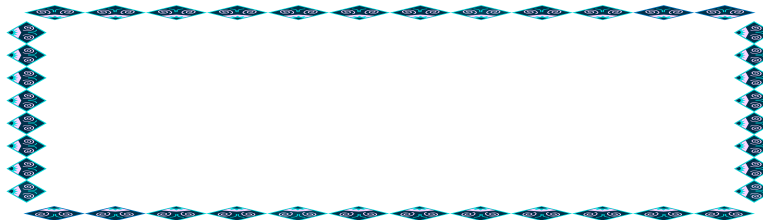


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Southeast Human Service Center
Sandy Arends, Region V Aging Services
2624 9th Avenue Southwest
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New Officers/Change of Address:

If your Senior Organization has a new president (chairperson) or there has been a change of address, please complete and return the form below. Please remove and tape the old mailing label in box below.



Name of President, Chairperson, Individual or Agency to Receive This Newsletter:

Name: _____

Street/Avenue/PO: _____

Mailing Address (Must include street address or post office box):

City and State: _____

Nine Digit Zip: _____

Telephone: _____

Return to address at the top of this page.